



Washington State Department of

**Early Learning**

## **ECEAP Reminders and Links**

**November 1, 2009**

Email: [eceap@del.wa.gov](mailto:eceap@del.wa.gov)

Web: [www.del.wa.gov/eceap](http://www.del.wa.gov/eceap)

### **Due Dates**

- Submit October Monthly Report Forms & Voucher . . . . . By November 15
- Complete health and developmental screenings (Standards D- 7 and E-10)  
..... By 90 days from class start
- Complete dental screenings (Standard D- 8) . . . . By 90 days from class start
- Complete medical exams (Standard D- 9) . . . . . By 90 days from class start

### **ECEAP Updates and Announcements**

#### **October ECEAP Directors Meeting**

Almost all ECEAP Directors were able to attend the meeting in Yakima on October 2, 2009. We met new DEL staff, ECEAP Specialists Laura Dallison and Jonathan Green, a new ECEAP director, Mia Benjamin, from Wahluke School District; Lake Quinault School District ECEAP teachers, Jeanne Buffington and Emily Knutsen, representing Superintendent Rich Dubois; and Mikaelyn Swayne, ECEAP Education Coordinator, representing Walla Walla School District principal, Kerri Coffman.

The PowerPoint, which includes detailed notes from this meeting, is now available on the DEL Web site at [www.del.wa.gov/publications/eceap/docs/DirectorsMtg100209.ppt](http://www.del.wa.gov/publications/eceap/docs/DirectorsMtg100209.ppt).

#### **Monthly Report and Billing Training**

The new process to bill DEL for ECEAP has just two steps: the Monthly Report in EMS and the separate invoice voucher that you received electronically. Please remember that all fields of the Monthly Report in EMS must be completed for all classes, before we can pay you. For PowerPoint training on this new, simpler system, see [www.del.wa.gov/publications/eceap/docs/ECEAP\\_MonthlyReportandBilling2010.ppt](http://www.del.wa.gov/publications/eceap/docs/ECEAP_MonthlyReportandBilling2010.ppt).

### **Early Learning Benchmarks – Input Requested**

DEL is seeking public input as it prepares to update our state's early learning guidelines. An online survey is available in English and Spanish until Nov. 15 at [www.del.wa.gov/development/benchmarks](http://www.del.wa.gov/development/benchmarks).

Developed in 2005 by early learning experts and stakeholders, the *Washington State Early Learning and Development Benchmarks* is a resource document offering a common understanding about what young children should know and be able to do at different stages in their lives. Statewide, the Benchmarks are used as a resource document for those who care for and teach young children. The document includes a recommendation that it be reviewed and updated every five years.

“Our state needs to be clear on the skills and knowledge we want our youngest learners to have to be school-ready,” said DEL Director Bette Hyde. “It’s time to review and update our Benchmarks to make sure they include reasonable expectations for children and reflect the rich diversity of our state.”

The survey offers an opportunity for parents, caregivers, educators, and others to share information about whether and how they currently use the Benchmarks, and what would make them more useful.

Many other states have developed similar early learning guidelines. For more information on Washington’s Benchmarks and links to other states’ guidelines, visit [www.del.wa.gov/development/benchmarks](http://www.del.wa.gov/development/benchmarks).

### **Working with School District Food Programs**

Many ECEAP programs located in schools have worked with the school food programs to ensure nutritious meals and snacks for ECEAP children. To learn about the successful efforts in Snohomish County, see Tina Nelson’s article on [page 7](#).

### **Child Enrollment Forms – New Requirements**

During this time of year, we have many requests from policymakers and researchers about ECEAP enrollment and demographics. There are some new contract provisions this year, to allow DEL to respond accurately to these requests. Your ECEAP contract states that you must enter Child Enrollment Forms (CEFs) for newly enrolled children within five business days of their enrollment. Also, enter exit dates on CEFS within five days for any child who leaves ECEAP. For children who did not show up for class at all, exit dates are the same as their class start date.

## **Early Learning Plan – Input Requested**

A draft Early Learning Plan, strategies, and outcomes are now available at [www.del.wa.gov/partnerships/elac/elp.aspx](http://www.del.wa.gov/partnerships/elac/elp.aspx).

Here are several ways to give your input:

- Use the online survey tool on the same Web page, due by November 9.
- Attend one of the town hall meetings scheduled in Washington. See [www.del.wa.gov/resources/calendar.aspx](http://www.del.wa.gov/resources/calendar.aspx) for a complete list.
- Participate in the forum, via the K-20 Network at your local Educational Service District, Tuesday, November 10, 6:30 to 8 p.m.

## **When ECEAP Expands**

There are many statewide discussions about expanding comprehensive pre-kindergarten services to more children. To help inform these discussions, we did a prioritization exercise at the October ECEAP Directors meeting. We received input from 35 of the 40 ECEAP contractors. Based on their experience with community needs, here is the order in which directors would implement an ECEAP expansion:

1. Add slots to enroll all currently eligible 4-year-olds.
2. Add slots to increase eligibility to 130% FPL. (Free lunch level)
3. Add funding to support staff training and development.
4. Add slots to enroll all currently eligible 3-year-olds. (two years of pre-K)
5. Add slots to increase eligibility to 185% FPL. (Reduced lunch level)
6. Increase funding to allow 448 classroom hours per year in ECEAP. (same as Head Start)
7. Add slots to increase eligibility to 300% FPL. (\$66,150 per year for family of 4)
8. Increase funding to allow ECEAP to meet Head Start transportation requirements.
9. Implement universal pre-k for all four year olds, in steps similar to full day kindergarten implementation. (State-funded, but possibly with sliding scale fees)
10. Add slots to enroll children who turn 3 after August 31 of school year. (three years of comprehensive pre-K) Allows more seamless services with Birth-to-Three and Early Head Start.
11. Add funding for an ECEAP outcomes study, with a control group.
12. Add ECEAP funding for a comparative study of Head Start and ECEAP child outcomes.
13. Implement universal pre-K for 3-year-olds.
14. Increase funding to provide 1000 hours per year in ECEAP/state pre-k. (same as full day kindergarten)

### **New ECEAP Data Collection Tools**

We will collect some additional statewide ECEAP data this year, through an online monkey that will be released in January. The data will be due to DEL by June 30, 2010. We presented the draft items at the October Directors meeting and incorporated many suggestions for improvement from the two week review period.

Contractors who agreed to participate in the Family Outcomes pilot will receive those documents directly. If you missed the deadline but would like to participate, please contact your ECEAP Specialist.

The final versions of the other data collection tools are now posted at [www.del.wa.gov/publications/eceap/docs/ECEAPDataCollectionTools.doc](http://www.del.wa.gov/publications/eceap/docs/ECEAPDataCollectionTools.doc)

## **Training Opportunities**

### **DECA for Preschoolers Training**

The two-day basic implementation training is designed for staff who use Devereux Early Childhood Assessment (DECA). DEL is covering training and travel costs for current ECEAP staff. Non-ECEAP staff, such as Head Start staff, may register and will be accepted one week before the training if space is available. For each location, participants must attend both days.

- November 5-6, 8 a.m. to 4:30 p.m., Everett
- November 12-13, 8 a.m. to 4:30 p.m., Olympia
- November 19-20, 8 a.m. to 4:30 p.m., Wenatchee

Registration is due at least one week prior to each training. Participants will receive a confirmation email.

[www.del.wa.gov/publications/eceap/docs/Fall2009\\_DECARegistration.doc](http://www.del.wa.gov/publications/eceap/docs/Fall2009_DECARegistration.doc).

### **WSA Policy Council Leadership Conference, November 17-18, Chelan.**

Policy Council leaders and Head Start/ECEAP staff can learn about:

- Head Start/ECEAP governance
- Policy Council roles and responsibilities
- How to plan a successful meeting
- Effective communications
- Advocacy
- How to engage other parents
- How Policy Council relates to the board, the program and the staff

Register at [www.wsaheadstarteceap.com](http://www.wsaheadstarteceap.com).

**State-Based Head Start T/TA Education and Disabilities Cluster, November 5, 10 a.m. to 2 p.m. in Walla Walla and November 17 in Olympia.** ECEAP staff are welcome. Contact Annette Dieker at [dieker\\_annette@bah.com](mailto:dieker_annette@bah.com) or (360) 915-8468.

### **Tobacco Cessation Training**

WSA, the state Department of Health, the Legacy Foundation and Puget Sound ESD are partnering to expand the tobacco cessation project discussed at our October Directors Meeting. Online training is available on Fridays, November 6 and 13, on the following topics:

Why Address Tobacco Use and Second Hand Smoke with Families,  
November 6, 9 to 10 a.m.

Register at [www2.gotomeeting.com/register/778875058](http://www2.gotomeeting.com/register/778875058).

The Spirit of Motivational Interviewing, November 6, 10:15 a.m. to 12:15 p.m.  
Register at [www2.gotomeeting.com/register/426934659](http://www2.gotomeeting.com/register/426934659).

How to Talk to Families About Tobacco Use, November 13, 9 to 10:45 a.m.  
Register at [www2.gotomeeting.com/register/376926051](http://www2.gotomeeting.com/register/376926051).

Resources to Help Families Quit Tobacco, November 13, 11 to 11:45 a.m.  
Register at [www2.gotomeeting.com/register/377005258](http://www2.gotomeeting.com/register/377005258).

**Family Engagement: Closing the Achievement Gap Pre-K through 12<sup>th</sup> Grade,** November 9, 8:30 a.m. to 3 p.m., at Puget Sound ESD in Renton. An action-oriented conference looking at solutions and next steps for engaging all parents in their children's success. Cost: \$100 individual fee; \$400 for a team of five; \$85 for parents. To register, visit [www.psesd.org](http://www.psesd.org).

### **Coalition for Safety and Health in Early Learning (C-SHEL) Meeting**

November 20, 10 a.m. to 3 p.m. This is a videoconference. For a site near you, or to set up a site, see [c-shel@googlegroups.com](mailto:c-shel@googlegroups.com). For assistance, contact Suzanne at [skohaya@psed.org](mailto:skohaya@psed.org) or 425.917.7874.

Tentative Agenda:

- H1N1: What is happening with H1N1 at the state and local level?
- Hand Sanitizer Use in Child Care
- Early Learning Plan Update
- School Age WAC Revision Update
- National & Legislative Updates in Early Learning
- C-SHEL Business Plan Development

**National Association for the Education of Young Children (NAEYC) Annual Conference,** November 18-21, Washington D.C. [www.naeyc.org](http://www.naeyc.org)

**WSA Directors Meeting,** December 1-3, Tukwila. [www.wsaheadstarteceap.com](http://www.wsaheadstarteceap.com)

## Resource Links

**Community Gardens** At least a dozen new gardens have been created in the past year to satisfy a growing interest in food gardening in Snohomish County, including an expanded family garden at an ECEAP site run by the Volunteers of America.

[heraldnet.com/article/20091004/NEWS01/710049888](http://heraldnet.com/article/20091004/NEWS01/710049888)

**The Farmer's Market Nutrition Program (FMNP)** is affiliated with WIC and provides fresh, locally grown fruits and vegetables to WIC participants. ECEAP families and staff may locate their local Farmer's Markets that accept WIC vouchers so they may purchase fresh fruits and vegetables.

[eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/WIC-FMNP-Fact-Sheet\[1\].pdf](http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/WIC-FMNP-Fact-Sheet[1].pdf)

**Young Science: Starting Early Key to Lifelong Learning** Taking children to science-oriented events and exposing them to everyday experiences at home or in the community can help them learn to love and appreciate science — and that's essential in this day and age, experts and parents say.

[www.honoluluadvertiser.com/apps/pbcs.dll/article?AID=2009910130304](http://www.honoluluadvertiser.com/apps/pbcs.dll/article?AID=2009910130304)

**Childhood Health Care Linked to Adult Achievement** Improved test scores for black teenagers from the South in the 1980s are linked to the integration of Southern hospitals and improved health care in the 1960's, in this study. The test score gap between black and white children narrowed markedly once all kids received the same level of access to health care.

[www.nationalpovertycenter.net/news/events/healtheffects\\_agenda/chay\\_npc\\_paper.pdf](http://www.nationalpovertycenter.net/news/events/healtheffects_agenda/chay_npc_paper.pdf)

**Parent Handouts to Support Literacy** "On the Go" materials are now in English, Spanish, Somali, Russian and, recently added, Vietnamese. They include ideas for literacy activities that can happen in the car, while walking, during bus rides, etc. The activities encourage early language and literacy development from birth through preschool. They are appropriate for children with disabilities as well as children who are developing typically. [www.wlearning.com/parent-tools/on-the-go/](http://www.wlearning.com/parent-tools/on-the-go/)

### **The Food Pyramid for Preschoolers**

USDA's just released *Two Bite Club*, a downloadable storybook that introduces the food pyramid to preschoolers. [www.fns.usda.gov/tn/Resources/2biteclub.html](http://www.fns.usda.gov/tn/Resources/2biteclub.html)

## **ECEAP Collaboration with School District Food Service**

By Tina Nelson MS, RD, CD, Snohomish County ECEAP Nutritionist

Snohomish County ECEAP collaborates with School District Food Service to provide meals for ECEAP children in school sites. Snohomish County ECEAP has 12 sites in 8 school districts on the USDA National School Lunch and the School Breakfast Programs and 9 sites on the USDA Child and Adult Care Food Program (CACFP).

**Working with school districts to provide foods to meet our ECEAP standards begins with establishing communication and building relationships.** It includes talking from the heart about the children we serve. The meals we provide may be the primary source of nutrition the children get during the day.

**Communication of ECEAP nutrition requirements are shared with school district food service** by email, by phone and in person. Email is the most frequent way we communicate, followed by phone calls. When visiting a school site with a new cook and/or food service manager, the ECEAP Nutritionist will meet in person. A visit with food service is also made when an ECEAP site is new to a school. We share the meal requirements from the ECEAP Performance Standard D-15, including family style meals and including cultural foods.

**When the food service manager and/or cook understand what ECEAP requirements are, he or she is more willing to provide meals that meet ECEAP requirements.** Most school districts prepare a separate menu and email it to the Snohomish County ECEAP Nutritionist for approval. The ECEAP Nutritionist has asked for a substitute when some high fat, salty foods are served frequently. For example, another vegetable was requested as a substitute for French fries.

When receiving a menu, provide specific positive feedback, such as, the variety of main dishes, more vegetable choices or more fresh fruit or vegetables. It is important to recognize that adapting the regular menu is extra work for the food service manager or cooks and may also be extra work for the site food service staff preparing the food.

**Nutrition education can come from food service.** One ECEAP teacher asked the site cooks for a tour of the school kitchen. A school district food service manager, who is also a dietitian, is invited each year to visit the class and talk about nutrition. She tells the story about making stone soup and brings vegetables that children might not be familiar with.

**We care about the children we serve and have a common goal.** ECEAP children receiving meals through schools (National School Lunch and School Breakfast Programs) and through the Child and Adult Care Food Program are part of the Washington State Child Nutrition Program. The Child Nutrition Services Mission Statement is "Assist school districts and other institutions in providing quality nutrition programs that promote life-long, healthful living while providing nutritious meals each day that prepare children for learning."

A helpful reference is Bright Future: Nutrition. For more information, contact Tina Nelson, Snohomish County ECEAP Nutritionist at [Tina.Nelson@co.snohomish.wa.us](mailto:Tina.Nelson@co.snohomish.wa.us).